

What is 5-2-1-0?

a simple message about eating healthy and moving more



Servings of fruits and vegetables
per day



Hours or less of screen time



Hour or more of physical activity



Sugary drinks

Want to learn more? Visit www.letsgo.org

Implementation Kit

everything you need to promote 5-2-1-0 at your school

Included Materials

1 "What is 5-2-1-0" sheet

1 instruction sheet

4 laminated signs

4 non-laminated signs

1 poster

2 survey sheets

Instructions

1. Survey A

Complete by December 23rd, 2015; before signs are displayed
Please select 2-3 classes to ask the questions on Survey Sheet A. Record their answers and submit them through the online survey from kadie@nmyca.org when it is emailed to you.

2. Display Signs

Complete after Survey A, in time for return from Holiday Recess

A. Please hang the laminated signs in the suggested areas. The non-laminated have been provided should you wish to make and hang additional signs



salad bar



computer lab



gym



water fountain

B. Please hang the 5-2-1-0 posters in high traffic areas such as outside the main office or in front of the cafeteria or library.

3. Promote

Reference the signs and posters whenever you can. For example, during recess, lunch or through a class discussion as appropriate. Encourage other staff to do the same.

4. Survey B

Complete between May 1st -June 3rd 2016

Please visit those same 2-3 classes and ask the questions on Survey Sheet B. Record their answers and submit through the online survey from kadie@nmyca.org when it is emailed to you.

5. Celebrate

Thank you for promoting healthy eating and active living for all children!

Survey Sheet A

Instructions: please select 2-3 classes to conduct a 5 minute sample poll. Ask the students, by a show of hands, the two questions listed below. Record their responses and fill out the electronic survey when it is emailed to you.

Class 1

Teacher: _____ Grade: _____

Number of Students: _____

How many students have heard of 5-2-1-0? _____

How many students know what 5-2-1-0 stands for? _____

Class 2

Teacher: _____ Grade: _____

Number of Students: _____

How many students have heard of 5-2-1-0? _____

How many students know what 5-2-1-0 stands for? _____

Class 3

Teacher: _____ Grade: _____

Number of Students: _____

How many students have heard of 5-2-1-0? _____

How many students know what 5-2-1-0 stands for? _____

Survey Sheet B

Instructions: please visit the same 2-3 classes as you did for survey sheet A to conduct another 5 minute sample poll. Ask the students, by a show of hands, the two questions listed below. Record their responses and fill out the electronic survey when it is emailed to you.

Class 1

Teacher: _____ Grade: _____

Number of Students: _____

How many students have heard of 5-2-1-0? _____

How many students know what 5-2-1-0 stands for? _____

Class 2

Teacher: _____ Grade: _____

Number of Students: _____

How many students have heard of 5-2-1-0? _____

How many students know what 5-2-1-0 stands for? _____

Class 3

Teacher: _____ Grade: _____

Number of Students: _____

How many students have heard of 5-2-1-0? _____

How many students know what 5-2-1-0 stands for? _____